

Health Minute™

Bonsai

Today, bonsai care has become a popular hobby for some who want to develop a spiritual connection with nature. The loving care you provide in nurturing, trimming, and sculpting these trees can add to your personal peace of mind and spirituality. Bonsai has become a centering and meditative exercise that can help relieve stress, lessen depression, and lower blood pressure. It is likely one of the many contributing factors to Japanese longevity.



A little about bonsai

The word bonsai comes from Japanese characters that mean “tree in a tray”
The earliest evidence of bonsai was found in a 706AD Tang Dynasty Chinese prince’s tomb
Bonsai reached Japan in 791AD during the Heian period and has been refined into the art form we know by the Japanese ever since.
The oldest bonsai in the US is a 300+ year old white pine called the Yamaki pine. It began life in the 1600’s and survived the atomic bombing of Hiroshima in 1945.

Learn more

The art and health attributes of the bonsai

with

World Master Bonsai Expert
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